



## the **Cannoneer** *Online*

### Sports beat

#### Fun run

Cameron University is hosting the Aggie Friends and Family Fun 5K Run **Feb. 16** as part of the Fitness in Action Series. The event starts at the Aggie Recreation Center. Distances are 1 and 2 miles and a 5K run. Additional information can be found at <http://fitnessinactionseries.com>.

#### Youth soccer

The Fort Sill Predators Soccer Club is holding spring season registrations for all age groups and home schooled students. Registration ends **Feb 15**. Sign up at [www.predatorssoccer.com](http://www.predatorssoccer.com) or write to [info@predatorssoccer.com](mailto:info@predatorssoccer.com) for information. Predators Soccer is also offers boys soccer U8-U12 teams. They are also looking for dedicated, qualified soccer passionate coaches. For more information call Donna Brown, program director at 514-8813.

#### Mixed martial arts

Adventure Travel has tickets for these upcoming events:

- **Fists of Fury mixed martial arts** cage fight will be held **Feb. 16** at Great Plains Coliseum, 920 SW Sheridan Road in Lawton. Discount tickets for military personnel are only available through Adventure Travel. Ticket prices are \$23 for general admission or \$38 for ringside seating.
- **NASCAR:** Racing enthusiasts can reserve tickets for the spring NASCAR events **April 12 and 13** at Texas Motor Speedway.

For more information on these events or other travel ideas, call Adventure Travel at 250-4040.

#### Golf scramble

The CG's Golf Scramble is **March 1** with a shotgun start at 1 p.m. It's limited to the first 30 teams to sign up at the Fort Sill Golf Course Pro Shop. **The deadline to signup is Feb. 22**. Each team must have four players. Entry fee is \$25 per person, which includes greens fees, lunch and prizes. The scramble is open to all post personnel. For more information call 442-5441.

#### Local running groups

Men and women who enjoy running have several options to meet other runners and train.

- *Lawton/Fort Sill Running Club* is a free group open to men and women that meets Tuesdays, Thursdays and Saturdays at Elmer Thomas Park. Some members are starting a *Couch to 5K* program, while others are preparing for 10K and half marathon distances.
- *Runners Lawton* is open to women of all ages, runners or walkers. The group meets Saturdays at Elmer Thomas Park to train and has monthly guests who speaker on fitness-related topics.

Both groups are affiliated with [www.fitnessinactionseries.com](http://www.fitnessinactionseries.com), which seeks to increase fitness in Southwest Oklahoma. For more information on either running group, including meet times and upcoming events, look for them by name on Facebook.

#### Oklahoma running

Log on to [www.runningintheusa.com/race](http://www.runningintheusa.com/race) and click on Oklahoma for a list of running races statewide.



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### **Fitness class**

Mission Slim Possible Master workout classes are Mondays and Wednesdays from 5-6 p.m. at Goldner Fitness Center. This is a body transformation challenge that focuses on all components of fitness including nutritional guidance. For more information, call 442-6175.

### **Inline hockey**

A group of people who play inline hockey pickup games are seeking others to join them Tuesdays and Thursdays at 6:30 p.m. at the outdoor hockey rink between the Patriot Club and Butner Field. Call David Rhoads at 410-533-6777 for more information.

### **Head pin Saturdays**

Twin Oaks Bowling Center offers Head Pin Bowling Saturdays, 8 p.m. to midnight. During those hours, a strike with a colored pin (other than white) in the No. 1 (head) pin slot wins a coupon for a free game. A Twin Oaks staff member must witness the shot. For more information, call 442-2882.

### **Bike/tri club**

The Fort Sill Bike & Tri Club meets at the RecPlex, Bldg. 2502 to plan group rides and family events. For more information, call 442-3575. This is a club to bring common cyclists together for friendly rides, socializing and sportsmanship no matter the abilities. Fun and fitness is the goal.

### **Fort Sill rugby**

The Fort Sill Gunners rugby team is a post varsity sport that seeks to bring together military rugby players, both young and old, from the Lawton-Fort Sill area. The team welcomes men interested in joining them, and they practice Tuesdays and Thursdays at 6 p.m. at Prichard Field. No experience is necessary. For more information, call coach Jason Posey at 678-4597.

### **Skeet shooting**

The Comanche Skeet and Trap Club operates a skeet and trap shooting range here Thursdays from 4-6 p.m., and Saturdays and Sundays from 1-6 p.m. Shotguns are for rent, and targets are for sale at the club. For more information about skeet and trap shooting here, call 353-2540.

### **Go outside and play**

The Outdoor Center has everything needed for outdoor fun. The Equipment Checkout Center rents equipment needed to make the most of outdoor time. The center also reserves the five on-post picnic areas and parks: Medicine Creek Park, Ambrosia Springs Park, Quinette Park, Rucker Park and the Co-Op Park. Reserve one for your next family outing or unit function at no charge. The Outdoor Adventure Center is in the RecPlex, 2502 Sheridan Road. Call 355-8270 for more information.